

Daily BioBasics

Daily BioBasics is the world's most complete and important nutritional supplement because it helps people accomplish the nutritional foundation necessary for the body to operate at its optimal health level.

Everyone today is conscious of the fact they need lots of fruits and vegetables, vitamins and minerals, and fiber to be healthy. The challenge is that most people don't know how to conveniently do this, and the statistics and studies show this to be true.

With the overwhelming amount of toxins and pollutants in our environment, the deteriorating quality of our food and water, and the additional stress of our busy lifestyles, good nutrition is vital to good health. Nutrients like vitamins and minerals and antioxidants are crucial to every function in the body, yet most people don't get even the minimal amounts needed to position themselves for a long healthy life.

A U. S. government study involving 21,000 people showed that not one of them obtained the daily values needed for the 10 most important vitamins and minerals from their food.

It starts with the lack of fruits and vegetables. All of the U.S. government health organizations agree that fresh fruits and vegetables are crucial for the body to prevent disease and maintain a healthy weight. Yet a recent study showed that only **11% of the population gets the recommended amounts of fruits and vegetables daily.**

Fiber is another critical part of the diet where people are lacking. Fiber removes toxins and dietary fat more quickly from the body. It also regulates elimination. The recommended daily intake is around 30 grams of fiber. Fiber comes from fruits and vegetables as well as whole grains. **The average American diet has around 10 grams of fiber per day. This is why 70% of the population has irregular elimination.** This is a major factor in cancers, heart disease and high cholesterol.

Antioxidant nutrients are critical for the body to protect itself from the cell damage that occurs from the bombardment of toxins in the environment. Without proper amounts people are at a higher risk of developing disease more quickly in life and aging more quickly in general. This shows up in deterioration of joints, arteries, skin, cancer, etc. These also are prevalent in fruits and vegetables.

Over the last 20 years, despite all the miraculous advances in modern medicine, as a nation we are getting sicker, faster. Even as far back as 1988, **the Surgeon General reported that an estimated 67% of all deaths were associated with diet.**

The proof is shown in the state of health in the nation as a whole.

Current state of U.S. health based on Government and Medical Statistics:

- Over 100 million people have elevated cholesterol.
- Over 100 million people have digestive problems.
- 1 out of 4 people have allergies and asthma.
- Over 70 million people have high blood pressure.
- The number one killer is heart disease-36%.
- The number two killer is cancer.
- 1 out of 2 will get some form of cancer in their lifetime.
- 10 million people have Osteoporosis.
- 34 million people have Osteopenia, the last stop before the train gets to Osteoporosis.
- 40 million people have Arthritis.
- 24 million people have auto-immune diseases like Lupus and Fibromyalgia.
- 21 million people have Diabetes. Up to 40 million people are at high risk to have it soon.
- 90% of Diabetic cases are Type-2 which is primarily from lifestyle choices

Sadly, the state of children's health reflect these trends as well. Cancer, Asthma, high cholesterol, Allergies, obesity and many other issues in kids is skyrocketing. This is a direct correlation to the lack of exercise and the dietary choices in the household.

Daily BioBasics is the only supplement in the world to address all the nutrition needs in one easy to use product.

One serving of Daily BioBasics gives you:

- **100%** of the daily values of all essential vitamins and minerals including calcium and magnesium.
- **Half** the daily need for fiber.
- **35** concentrated fruits and vegetables.
- **17** concentrated herbs.
- Concentrated sea vegetables.
- Special greens including Spirulina and Chlorella
- **35** different Antioxidants.

Consider this: One serving a BioBasics is like getting the vitamin/mineral equivalent of: 5 oranges, 10 ounces of Brussels sprouts, 11 ounces of almonds, 9 cups of mushrooms, 8 mangos, 8 cups of carrots, 8 cups of cabbage, 8 cups of broccoli, 70 ounces of walnuts, 12 ounces of strawberries, etc.

All for the price of a good cup of coffee per day (1.60) and without swallowing any pills.

In order to put together your own BioBasics using products in the market you would have to spend the following:

The All-In-One Liquid: 27 vitamins and minerals	29.95
Calcium/Magnesium to get up to the required level	12.79
Ultra Mega Greens (Vegetables and super greens)	47.99
Ultra Colon (Fiber)	25.99
Basic Antioxidant Product	<u>19.99</u>
Total	\$136.71

This is by no means complete, just a good start.

People who use Daily BioBasics feel better, eliminate regularly, get sick less often, have more energy, sleep better, and notice improvement in their hair, skin and nails. This is what they notice, yet what is happening on the inside is even more important. This product is only available from Life Plus International.